



## Theosophical Society in the Philippines

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# Laughter Yoga for Health, Happiness and Harmony



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*Emotional Composure*

*Advocate of Mindfulness Training  
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Ho Ho Ho


HaHaHa




## LAUGHTER YOGA



- ❖ Laughter Yoga – concept & history
- ❖ Why Laughter Yoga?
- ❖ How Laughter Yoga benefits us?
- ❖ Laughter Yoga Session




## WHAT IS LAUGHTER YOGA?




- Laughter Yoga is **not about laughter!**
- The essence behind Laughter Yoga:
  - **Breathing** – improve natural oxygen intake;
  - Exercising the **diaphragm**;
  - Non-strenuous **Aerobic** workout;
  - Cultivating **attention** and **awareness** (mindfulness);
  - Activating **Parasympathetic Nervous System**;
  - Stimulating **relaxation response**;
  - Releasing **natural (good) hormones**;
  - Enhancing **immune system**.

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## GROUP LAUGHTER YOGA




- Laughter Yoga as a group exercise:
  - Promotes **selfless** interactions;
  - Forges human-to-human **bonding**;
  - Encourages **humility**;
  - Enhances **empathy**;
  - Improves interpersonal **relationships**;
  - Cultivating **non-judgmental** mind;
  - Living in the **moment**.

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Ralph Waldo Emerson




To laugh often and much; to win  
the respect of intelligent people and  
the affection of children...  
to leave the world a better place...  
to know one life has breathed easier  
because you have lived.  
This is to have succeeded.




**LAUGHTER YOGA**  
for health, happiness & harmony



**LAUGHTER YOGA CONCEPT**  
- 5 key points




## LAUGHTER YOGA CONCEPT




1. Laughter Yoga is a unique concept where:

- Anyone can laugh for no reason;
- Does not rely on humor, jokes or comedy.

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## LAUGHTER YOGA CONCEPT




2. Initiated as a group exercise:


- With eye contact;
- Childlike playfulness;
- Turns into real & contagious laughter.

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## LAUGHTER YOGA CONCEPT




**3. Reason we call it "Laughter Yoga":**

- Combines laughter exercises with yoga deep breathing;
- Brings more oxygen to the body and brain;
- One feels more energetic and healthy.

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## LAUGHTER YOGA CONCEPT



**4. Concept of Laughter Yoga is based on:**

- Scientific fact that the brain & body cannot differentiate between fake and real laughter if done with willingness;
- One derives the same physiological and psychological benefits.


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 **LAUGHTER YOGA STORY** 

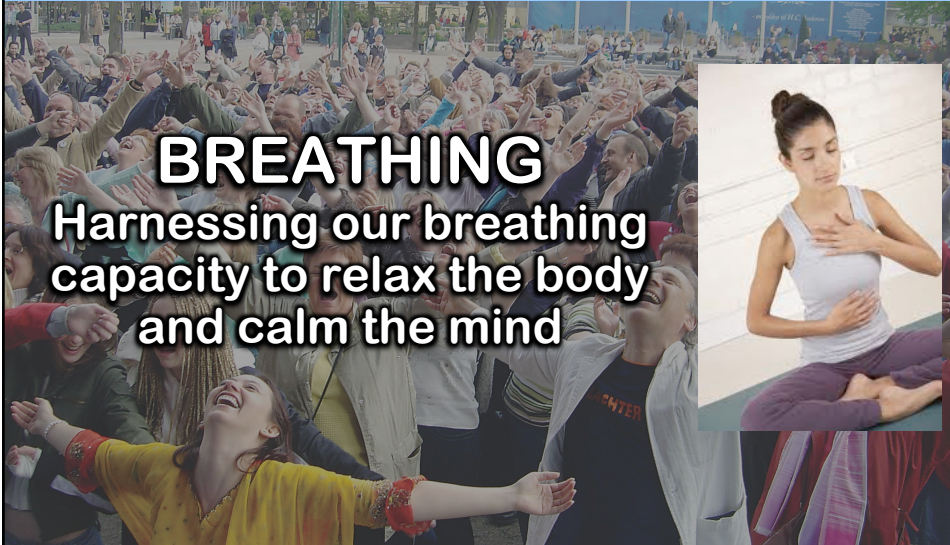
5. Started in 1995 in a Mumbai Park:

- By medical doctor Dr. Madan Kataria;
- Originally with 5 persons;
- Spread to 105 countries with thousands of laughter yoga clubs.

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**BREATHING**  
Harnessing our breathing capacity to relax the body and calm the mind





## MINDFUL BREATHING



**Most critically overlooked relaxation tool!**  
**Easiest to relax the body & calm the mind.**

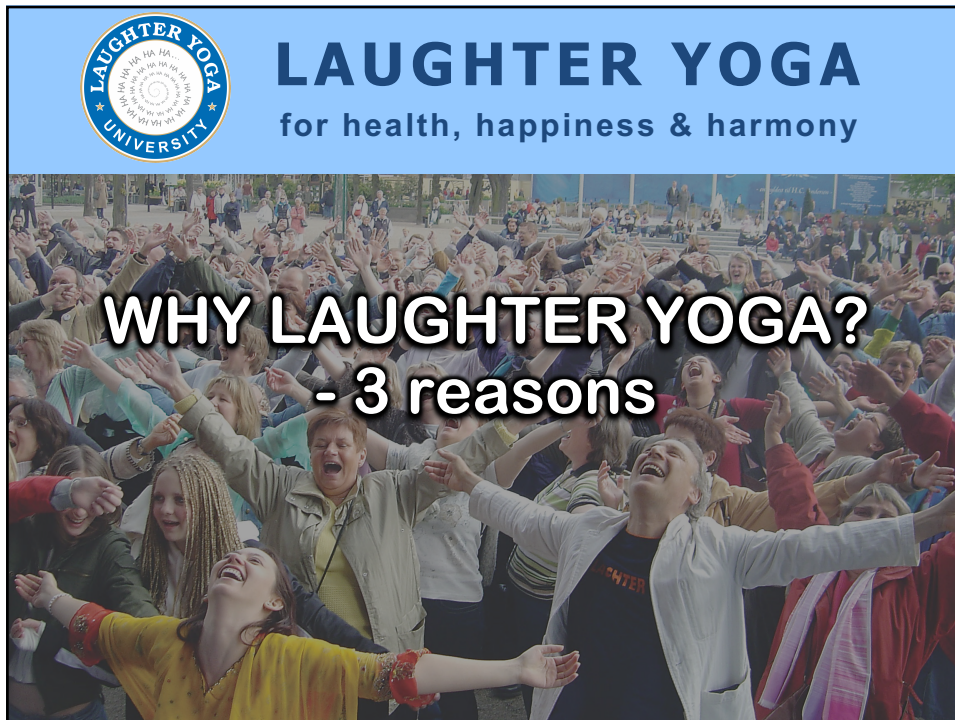
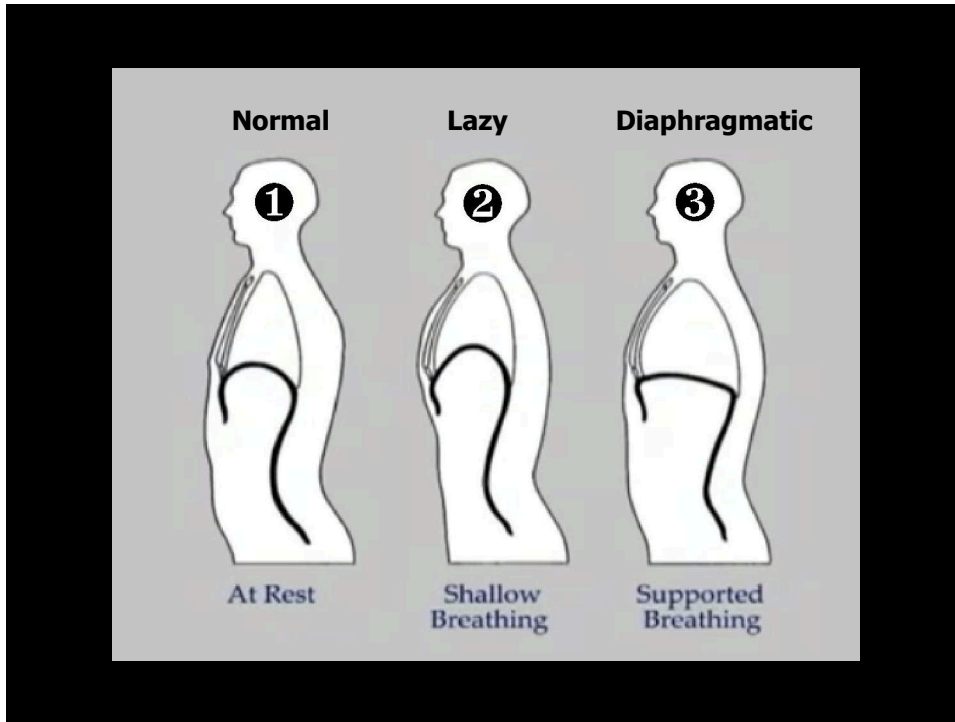
- a) Increases natural unforced oxygen intake;
- b) Stabilizes heart rate and blood pressure;
- c) Regulates body temperature and blood circulation;
- d) Restores and maintains homeostasis (stability);
- e) Calms the nervous system, indicating absence of threats.


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LAUGHTER YOGA


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## WHY LAUGHTER YOGA?




**1.** In order to derive scientifically proven health benefits:

- We need to laugh for at least for **10 to 15 minutes** continuously;
- When Laughter done as an **exercise**, we can prolong our laughter as long as we want;
- Natural laughter comes for just a few seconds here and there – not enough to generate and sustain physiological and biochemical changes in the body.

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## WHY LAUGHTER YOGA?





**2.** To reap the health benefits of laughter:

- Laughter has to be **loud and deep** coming from the **diaphragm**;
- Should be **hearty belly laughs**.

✓ It may not be socially acceptable to laugh loudly in public, so **Laughter Yoga Clubs** provide a **safe and convenient environment** where one can laugh loudly and heartily without any social implication or distraction.



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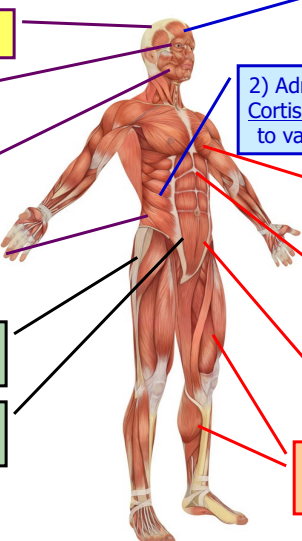
 **WHY LAUGHTER YOGA?** 

3. Natural laughter is infrequent & sporadic, depends on circumstances:

- In Laughter Yoga clubs we are not leaving laughter to chance;
- Doing it out of commitment;
- Guaranteed way of getting the health benefits of laughter.

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 **MANIFESTATION OF STRESS REACTION IN THE BODY – “FIGHT OR FLIGHT”** 



1) The brain sends a message to the glands

2) Adrenal glands release Adrenalin & Cortisol into the blood stream, carried to various organs in the whole body

3) Heart beats faster, blood pressure rises, to increase blood circulation

4) Respiration deepens, to increase oxygen intake

5) Intestinal movements cease, to conserve energy

6) Muscles become tense (getting ready to resist or run)

7) Hair stand on end

8) Pupils dilate to enhance vision

9) Facial expression distorted

10) Perspiration, trembling, body temperature rises

11) Blood sugar level rises to aid metabolism

12) Body immune system suppressed

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# LAUGHTER YOGA


for health, happiness & harmony



## 5 BENEFITS OF LAUGHTER YOGA (GENERAL)




### 1. ELEVATES MOOD




- Laughter Yoga can change your mood within minutes by stimulating release of endorphins and other good hormones and carried around your body through the blood stream;
- This makes you feel good, and if you are in a good mood you do everything well;
- It makes you cheerful all throughout the day.

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## 2. HEALTH BENEFITS




- Laughter Yoga reduces stress and strengthens the immune system;
- If your immune system is strong you will not fall sick easily;
- And if you have chronic health conditions, it will help to heal faster.

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## 3. BUSINESS BENEFITS



- Our brain needs 25 % more oxygen for optimal functioning;
- Laughter exercises can increase net supply of oxygen to our body and brain which helps to improve efficiency and performance;
- You will feel energetic, and can work more than you normally do without getting tired.

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## 4. SOCIAL CONNECTOR




- Quality of life depends upon quality of our friends and our relationships;
- Laughter is a great connector of people and brings lots of good friends with caring and sharing relationships;
- Promotes selfless interactions;
- Forges peer-to-peer bonding and encourages humility;
- Enhances empathy.

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## 5. LAUGH THROUGH CHALLENGES



- Anyone can laugh when times are good, but Laughter Yoga teaches people to laugh unreservedly and unconditionally so they can laugh even when times are challenging.
- It provides strength and confidence in adversity;
- It is a coping mechanism to help people keep a positive mental attitude regardless of the circumstances.

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**BENEFITS FOR SENIORS** 

1. Adds More Laughter To Life - something to look forward to;
2. Promotes Physical Health - strengthen body immune system;
3. Supports Good Mental Health - lessen risk of aging diseases;
4. Increased Social Connection - fellowship and sense of belonging;
5. Laughter Yoga Adds To Longevity - purposeful life activity.

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**BENEFITS FOR CHILDREN**



1. Promotes Healthy Emotional Development
2. Increases Academic Performance
3. Builds Physical Stamina
4. Develops Self-Confidence
5. Enhances Creativity

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**Laughter Yoga Session – 4 Steps:**

1. Clapping and Warming-up Exercises;
2. Deep Breathing Exercises;
3. Childlike Playfulness;
4. Laughter Exercises.



**QUESTIONS ?**



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